



**Mr Ian Margetts**  
Principal

**1st April 2021**

## Principal's Report

Dear Parents, Carers and Community members,

It certainly has been a busy and very successful Term 1 of 2021.

At our College assembly we acknowledged many students that have brought exceptional life to Mount St Bernard College. We especially acknowledged:

- Year 12 students – their leadership in the dorm and day school this term has been excellent
- Classroom Positive Rewards points leaders – for excellent commitment to learning
- For all students who made an extra contribution to the College – eg. Year 7 student who led the Holy Week liturgy last week)

During Assembly we also acknowledged staff, both teaching and non-teaching. Their commitment to providing a safe supportive learning environment is exceptional!

Over the last week or so I have accepted the resignations of Mr Andrew Jamieson (retirement) and Ms Nicole Dewley-Crane from the teaching staff of the College. We thank Andrew and Nicole for their time at Mount St Bernard College and wish them all the best in their future endeavours.

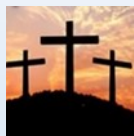
We are please to welcome next term two new staff to the College:

Ms Bereniece Cumming - Bereniece will join MSB next term after a number of years at Cloncurry. Bereniece's family is on the Tablelands and Bereniece is a graduate of MSB (1983). Bereniece has spent more than 20 years in education, the last ten of which I have been at Cloncurry State School P-12

Emily Caferra - Emily is a graduate teacher who is currently on staff at St Teresa's, Bentley Park. Emily is keen to move to the Tablelands to be closer to family at Yungaburra. Emily's education experience includes; Classroom Teacher at St Teresa's Bentley Park and Boarding Supervisor at Saint Augustine's College Cairns. Prior to studying education Emily worked as a legal secretary in Cairns

Finally, I'd like to wish all the Mount St Bernard College community a safe and rejuvenating holiday break and a blessed and joy filled Easter. Looking forward to working with all students and families in Term 2.

**Mr Ian Margetts - Principal**



## Easter Reflection

*Blest are you, Lord Jesus who came to us a little child, one of us, flesh, and blood to share in our humanity  
Blest are you, Lord Jesus who came to us as carpenter and yet in whose creative hands a world was fashioned  
Blest are you, Lord Jesus who came to us as fisherman, and yet pointed to a harvest that was yet to come  
Blest are you, Lord Jesus who came to us as teacher and opened eyes to truths that only the poor could understand  
Blest are you, Lord Jesus who came to us as healer and opened hearts to the reality of wholeness  
Blest are you, Lord Jesus who came to us as prophet, priest and king and yet humbled himself to take our place upon the cross  
Blest are you, Lord Jesus who came to us as servant and revealed to us the extent of his Father's love for humankind  
Blest are you, Lord Jesus, who rose from the ignominy of a sinner's death to the triumph of a Saviour's resurrection  
God so loved the world that he gave his only Son for the sake of us all  
Amen*

Adapted from [http://www.faithandworship.com/prayers\\_Easter.htm#ixzz5jq625gVz](http://www.faithandworship.com/prayers_Easter.htm#ixzz5jq625gVz)



## ENROL NOW FOR 2022!

### Places filling fast for next year...

- ❖ For a tour or more info - (07) 40961444 or email [msb.enrolments@cns.catholic.edu.au](mailto:msb.enrolments@cns.catholic.edu.au)
- ❖ To enrol visit <http://msb.qld.edu.au/documents/enrolment.html> or ring (07) 40961444

### Limited vacancy for 2021

- ❖ Year 7 – waiting list\*
- ❖ Year 8 – limited vacancy
- ❖ Year 9 – waiting list\*
- ❖ Year 10 – limited vacancy
- ❖ Year 11 – limited vacancy
- ❖ Year 12 – waiting list\*

\* Where a waitlist exists, families should still apply and if accepted we will advise as soon as a position becomes available

### Learning in the Mercy tradition with emphasis on:

- **Community** – living and giving gracious hospitality in the spirit of family,
- **Mercy** – acting justly with a compassionate heart,
- **Respect** – valuing self, others, environment, and the purpose of school,
- **Excellence** – striving towards personal best, and
- **Wisdom** – gaining life enhancing knowledge and skills.

### Small class sizes supporting personalized learning

Modern boarding, classroom & trade training facilities

University (ATAR), TAFE, Training and Work pathways







# MOUNT ST BERNARD COLLEGE CENTENARY

## COME AND JOIN THE CELEBRATIONS!

**Centenary Weekend - 24-26 Sept 2021**

### SPONSORSHIP OPPORTUNITIES

- **Friday 24 September**
  - o Mercy Day Liturgy
  - o Welcome BBQ
- **Saturday 25 September**
  - o College Guided Tours
  - o Opening of MSB Heritage Rooms
  - o Opening of MSB Heritage Trail
  - o Opening of Centenary Labyrinth
  - o 5:00pm: Centenary Thanksgiving Mass
  - o 6:30pm: Centenary Gala Dinner
- **Sunday 26 September**
  - o Visit Centenary Labyrinth
  - o Visit Heritage Rooms

*\* Provides support for development of Heritage Trail, Heritage Rooms, event materials, and catering*

**Platinum Sponsor** (two available): \$5,000

**Gold Sponsor** (three available): \$3,000

**Silver Sponsor** (up to five available): \$2,000

**Bronze Sponsor** : \$1,000

**Labyrinth sponsor**: \$100

*\* Provides support for the creation of the Centenary Labyrinth*

Contact Moira Dettori on PH: 07 4096 1586 or [mdettori@cns.catholic.edu.au](mailto:mdettori@cns.catholic.edu.au)



# ENROL NOW FOR 2022!

Contact Hillary O'Brien on PH: 07 4096 1586 or [hobrien1@cns.catholic.edu.au](mailto:hobrien1@cns.catholic.edu.au)

### Healthy Choices!

Year 7s enjoyed learning how to prepare a tasty and nutritious snack with Ms Shania and Ms D from the Deadly Choices Education Program.

**Ms Janet Wigan - Year 7/8 Pastoral Coordinator**

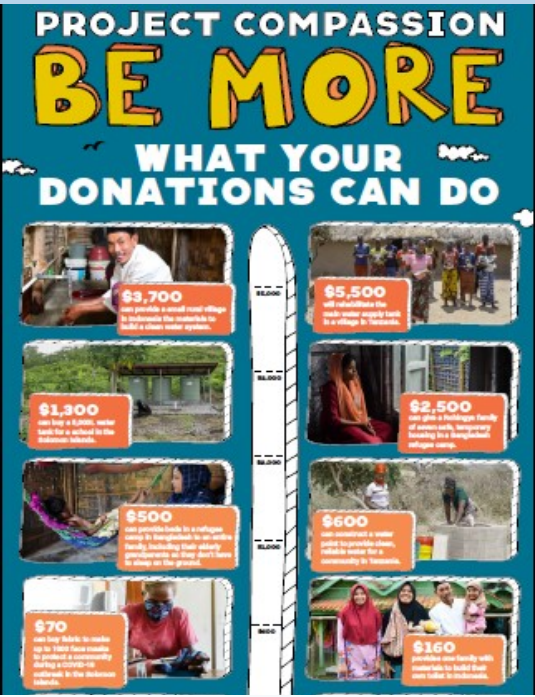


Ms Janet Wigan





Assistant Principal - Mission Report



Record broken: Project Compassion

Last Friday afternoon, the Accounts department confirmed for me the official count for our Project Compassion collections— **\$2135.90**. This is a record collection amount for a single fundraiser at MSB in some time and it surpassed all expectations. Friday saw a surge in money bags deposited as this was the day we were wrapping-up Project Compassion for this term.



Deacon Michael Lindsay

A big thanks to EVERYONE in our MSB family—students, families and staff. This year there was a particular enthusiasm for Project Compassion, with a great variety of different and interesting activities for both fundraising and awareness raising. Without a doubt, the most wonderful part of this year’s efforts has been the engagement of so many people in this worthwhile cause.

These funds alone can enable many valuable development projects which empower communities to look after themselves. Some of these include: increasing rainwater collection capacity; septic (toilet) facilities to improve hygiene; funding of teachers for students with disabilities in developing countries. MSB has indeed lived up to Catherine McAuley’s vision of being “shining lamps, giving light to all around.”

Gr 7 Dramatised Holy Week Liturgy

On Friday, students from the Gr 7 Religion classes led our whole-College Chapel liturgy, with the focus on the events of Jesus leading up to Easter: The Last Supper, The Garden of Gethsemane, the Arrest by the Soldiers, Trial by Pilate and the Crown of Thorns, Carrying of his Cross, and the Crucifixion.



Wow—it was an impressive liturgy for our youngest students, and our College musicians and choir also performed beautifully. With very little time to rehearse, their version of the Passion Play certainly took us all into those last moments of Jesus’ time on earth. Special acknowledgements:

- Narrators: Athena Cecchi, Grace Hart & Isaac Gill
- Jesus: Dekierim Schrieber
- Soldiers: Meshach Friday & Reem Sam
- Pontius Pilate: Glen Ingui
- Director: Ms. Janet Wigan
- May we all have a holy, safe and happy Easter holidays. God bless.

Deacon Michael Lindsay - Assistant Principal - Mission



# Residential News



Mr Scott Whitters

Dear Parents and Friends of MSB,

This term has shown an increase in the number of students presenting with signs of depression. Even though our boarding staff are not experts in the field of mental health, we endeavour to triage all concerns that may present. All serious concerns regarding mental health are presented to our College Counsellor Mr Peter Graham. Mr Graham works alongside residential staff to ensure that appropriate support and care is provided. Parents and families are always informed when students are struggling with issues surrounding mental health. Sometimes students will require a care plan or safety plan to support their wellbeing. Supporting students with depression can sometimes be stressful, overwhelming and isolating. Here is some information that may be useful to help you understand what your child is going through.

In Australia, depression is most commonly described as a feeling of sadness. People who are depressed experience an extended period of sadness or a negative mood, rather than a brief reaction of sadness to a stressful situation or difficult situation. In a depressed state, the brain and body do not function as well as they do in non-depressed state. Depression is one of the most common mental health conditions. It is reported that over 3 million people in Australia are reported to be living with depression.

Symptoms of Depression include:

What causes depression:

- Sad or irritable mood
  - Loss of interest in enjoyable activities
  - Unplanned weight loss
  - Insomnia or hypersomnia
  - Reduced energy and lethargy
  - Feelings of guilt or negative self-talk
  - Indecisiveness
  - Thoughts of death or suicide
- Stressful and challenging circumstances including disease, loss of a loved one or relationship issues
  - Personality and genetic vulnerabilities
  - Childhood trauma
  - Biochemistry imbalance
  - Poor nutrition

How to help a loved one:

The best way to help someone experiencing a mental health challenge or illness is to offer a listening ear and let them know you are there for them. Often, we have a strong desire to fix or solve someone else's problem, however this is not your role and should be left to a professional. The best thing you can do is help them find an appropriate service through a GP, mental health phone line, mental health service or searching online for a nearby agency.

Please take time to visit the websites listed below if you are supporting a young person with depression:

<https://www.blackdoginstitute.org.au> <https://www.beyondblue.org.au> <https://www.lifeline.org.au>  
<https://headspace.org.au> <https://kidshelpline.com.au/>

## Scott Whitters - Assistant Principal - Residential

### Pre Season footy has kicked off for 2021

Herberton Magpies Junior Rugby League hosted the first game of the season on the 20th March.

Well done to all the players!

A beautiful tribute and minute silence was held in honour of TJ Tommy Johnson before the U/16 match. TJ certainly was with the boys in spirit. The U/16's won 36 - 12 against Malanda.

They were all stars...Way to go Herbytown!!!





**Assistant Principal - Student Wellbeing Report**

Term 1 has finally wrapped up. The Easter Holiday break is upon us. The Wellbeing Team would like to wish everyone a happy, safe Easter. We would love to see you all back, rested, refreshed and ready to continue on your learning journey at MSB.

During the holidays, you can access wellbeing support in your home areas by going to the local health clinic or contacting one of the providers below. They will be happy to listen and offer advice to help support you.



Mr Dan Niemerg

HeadSpace 1800 650 890

Kids Helpline 1800 55 1800

Beyond Blue 1300 22 4636



*Dan Niemerg - Assistant Principal - Student Wellbeing*

**Year 8B English — story time with Christine Weedon**

The Year 8B English students finished off this terms reading group by listening to a wonderful author, Valanga Khoza, who was born in Johannesburg, South Africa. It was especially relevant to me as it is the city of my birth place and will always hold a special place in my heart. The story was about the realities of floods which cause havoc in both Africa and Australia and was relevant and interesting to the students. It was great to see Denzel Leo, Kairisha Salt and Griffin Banu asking questions and proactively participating in the lesson. Many thanks to Mrs Weedon for bringing these 'stories to life' with her dedication and passion. It was a great end to Year 8B English and we look forward to many more magical story time sessions with the librarian.



Mr Marcello Cecchi

*Mr Marcello Cecchi—8B English Teacher*





# Herberton Historic Village Excursion

On Friday 26th March, two Year 9 classes joined forces to go on an excursion to Herberton Historic Village. In Term One History, students have been studying the Industrial Revolution from 1750 to 1914. This revolution changed the way the world operated and which included the invention and production of electricity (something we are also learning about in Science)!

Herberton Village is a real treasure trove of machinery, way of life artefacts and transport arrangements from this period and really cements the understanding of the Industrial Age for the students.

They had a wonderful time exploring the various exhibits which included a blacksmith demonstrating the craft of steel



Mr Ray Pearson

Mr Ray Pearson —9C Class Teacher



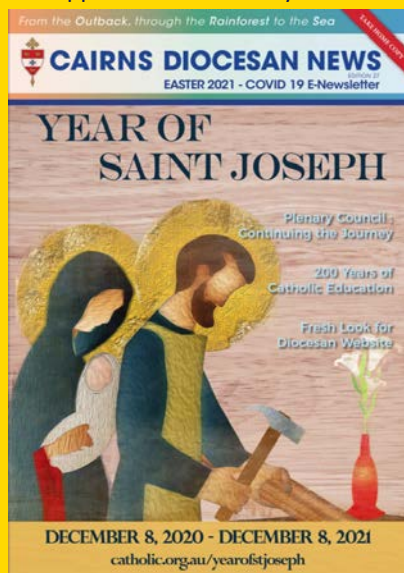
## Message from the Editors of the Cairns Diocesan News

We are pleased to advise that the Easter edition of the magazine, including all parishes Easter mass Times, is now available for viewing. Please click on the link below and this will take you straight to our magazine.

<https://online.fliphtml5.com/xgvmy/kcsv/#p=1>

For parents and carers who have subscribed, you will receive a copy to your inbox. For those who wish to subscribe, please follow this link <https:// Cairns.catholic.org.au/news-and-events/diocesan-news-magazine>

We thank you for your support and welcome you to our readership.





# The Launch FNQ Tablelands Innovation

Thanks to the Tableland Regional Council, MSB senior students, **Tanisha Vincent, Tahnee Stewart, Jilaysha and Jamieka Tilmouth** who participated in the **Launch FNQ Bootcamp** last weekend. This 'entrepreneur-centred incubator and accelerator of tech-startups and scaleups' is a partnership amongst Launch FNQ, local, State, National and Global individuals and groups. Its aim is to help tech-based businesses succeed.



Ms Traylea Sexton



Over the weekend, the girls worked together to develop an idea, refine it to be pitch-ready by Sunday afternoon. Our young entrepreneurs were guided through the challenging process by facilitators, mentors, and business experts.

Part of the program introduced successful entrepreneurs and investors who shared their stories of innovation. This inspiration helped students to learn from the real-world experiences of, for example, Erica Hughes from 'Farmer Meets Foodie' and Mungalli Biodynamic, two local businesses who spoke about their start-up.

Our team decided to explore starting a young artists' collective. The age range was 16-25 years and business model was community-based. Tahnee developed an outstanding user-friendly website with strong visual appeal.

On this hypothetical online platform the girls planned the sale of their products: shirts, cups, tea towels, fabric and similar. The buyers would simply click the design they liked and it would be printed onto their preferred product and sent to the purchaser. The girls asked the panel for \$100,000 for initial materials and start-up costs. They learnt about Intellectual Property and decided to add a further \$30,000 to protect their artwork, website and products.

Team NT (students' business name) came runners-up on Sunday against eight teams.

Despite some anxiety when it came to pitching their ideas to a live audience, the girls developed a sustainable, achievable and innovative idea. The Launch FNQ Bootcamp was highly rewarding. It encouraged students to think about going into business when they leave school and the many possibilities when investing in themselves, their ideas and their futures.

**Ms Traylea Sexton - Middle Leader The Arts**

## Year 8B Humanities - Building Medieval Castles

The Year 8B Humanities students finished off the study of the middle ages by designing a cardboard castle. It was great to see students working on their design skills as they created a castle of sorts from recycled products. Special mention must go to Pensio Gela and Zowel Gibuma who really applied themselves to the task at hand. These two students displayed great carpentry skill and really brought the 'past to life' with a realistic looking castle. It was a great end to the unit of work and we look forward to educating the students in term 2.

**Mr Marcello Cecchi—8B Humanities Teacher**





## Year 11 & 12 Kitchen Operations

The Year 11 and 12 SIT20416 Certificate II Kitchen Operations (TAFE QLD 0275) students finished off the term with them learning about the basics in making stocks and soups—the most important fundamentals in cooking. The students have really improved this term with their basic culinary skills. They are working well as a team, following instructions and remaining on task.

Special mention must go to Heidi Luke and Meau Tabo who have completed 3 online courses to date. I do implore the students to continue with their online TAFE learning during the break for there is quite a lot of content to cover. When the students return, they will be learning the art of making fresh pasta and breads under the skilful guidance of the TAFE chefs. Mr Marcello Cecchi



## Year 7 Food Technology & Design

The Year 7 food studies class finished off the term with them making awesome mice and cheese samosas. The students have really improved this term with their basic culinary skills and were a pleasure to educate. They are working well as a team, following instructions and remaining on task. We look forward to making stews, casseroles, soups and home made breads with winter approaching in term 2.





# Years 8 - 10 Food Technology & Design

The Year 8 to 10 food studies students finished off the term with them making the time tested chocolate brownie recipe. The students have really improved this term with their basic culinary skills—they are working well as a team, following instructions and remaining on task. Term 2 will see the classes making home made breads, soups, casseroles and pasta. The emphasis will be on the students working independently, with them measuring portion sizes correctly, following the recipe instructions and presenting a quality dish for a teacher evaluation. We are currently developing a culinary team within the Year 9 and 10 Year levels that will be able to compete in various culinary challenges in the foreseeable future.

**Mr Marcello Cecchi—Food Technology & Design Teacher**



Mr Marcello Cecchi





# Maths & Science News

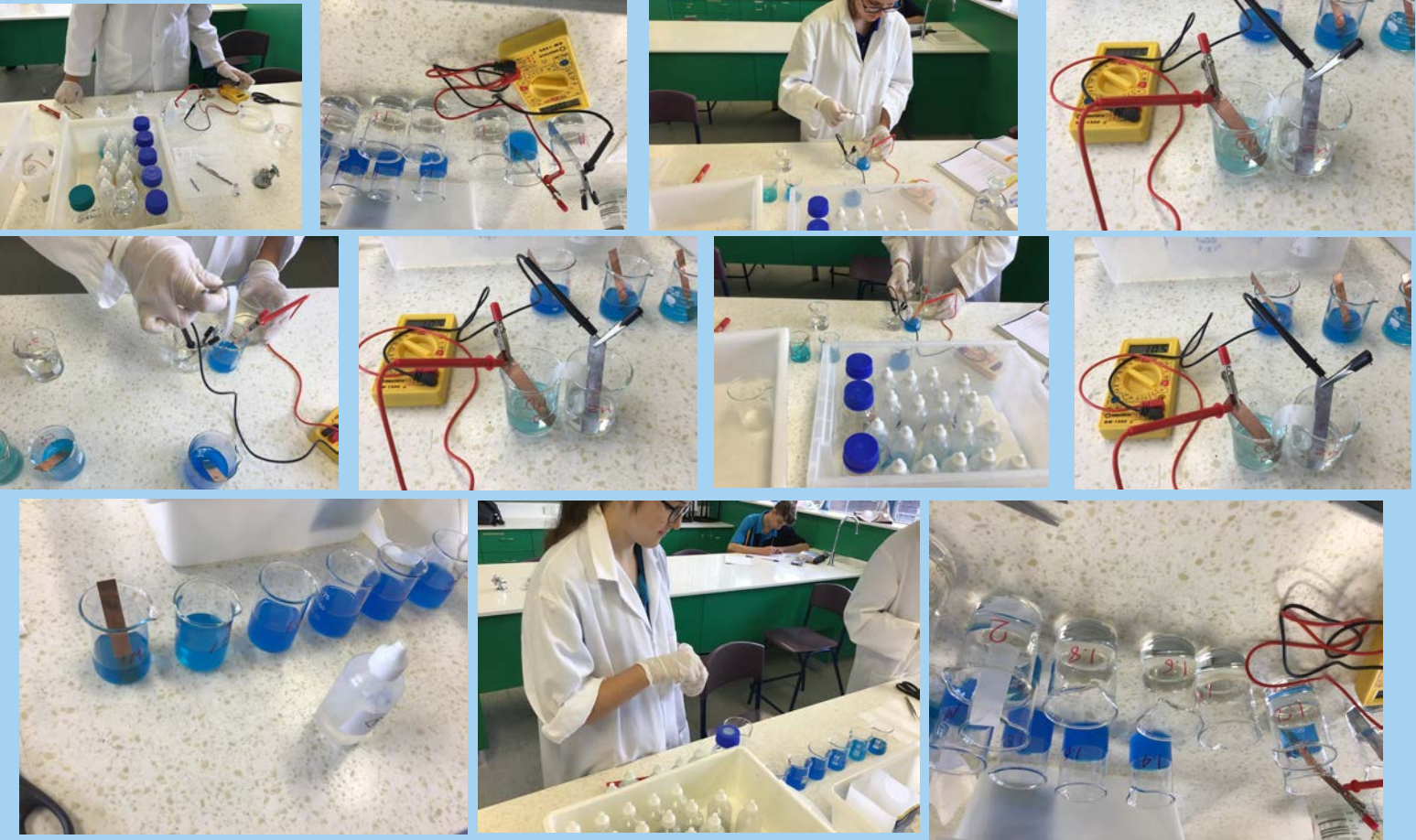
Our focus in Science over this term has been safety. Enclosed shoes with an impervious upper are essential in the Science Laboratory. Every student has repeatedly worked their way through the lab rules in order to keep all students and staff safe. Any misbehaviour in the lab will result in students being withdrawn. If students continue with unsafe behaviours in the laboratory they will be removed for longer periods of time and complete alternative work in another section of the school. Parents are urged to support their children in making the right decisions around behaviour in the science laboratory.



Mr Malcolm Fahey

In other exciting news, 2021 sees our first year 12 classes for Chemistry, Physics and Mathematical Methods under the new ATAR syllabus. This means that students in all three of these subjects will undergo external exams worth fifty per cent of their final grade.

Science activities we have completed during the term



Mr Malcom Fahey - Middle Leader Mathematics, Science & Careers

**TRY A TRADE** - This year Try a Trade was held at the Atherton Hospital construction site. Four year 10 students attended, Jimmy Billy, Sinevah Mari, Joshua Bonner and Stef Bob. Students were introduced to construction trades such as carpentry, electrical and plumbing. This was the first time Try a Trade had been held at a construction site and proved to be a big success giving opportunities for tours and observation of construction operations students would not normally be exposed to. MSB students displayed a high level of skill and application when completing practical tasks and then also helped in the pack down at the end of the day and should be commended on their exceptional behaviour in this context.





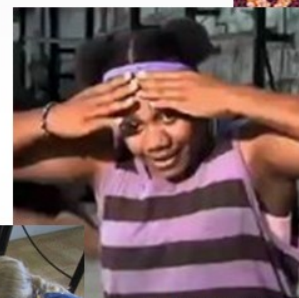
# From the Library

It has been busy in our Library this term. Students have 'moved it mob style', twisted, built, gamed, jigsawed, voted & donated, kept cool, kept dry, socialised and yes, read books.

C Weedon Teacher in Charge Library



Image: Ghenoa Gela. Retrieved from [moveitmobstyle.com.au/](http://moveitmobstyle.com.au/)







The College Parents & Friends Association is looking for parents or carers to join in 2021.  
We would welcome your ideas and involvement in the college community. To register your interest please email: [hobrien1@cns.catholic.edu.au](mailto:hobrien1@cns.catholic.edu.au)

OR IF INTERESTED, PLEASE RING HILLARY O'BRIEN ON PH: 4096 1485

#### Upcoming Events 2021

##### Term 1

**Thurs 1 April** - *Boarders Travel Day Home*

*School Holidays commence*

*MSB Office Closes for Easter Break*

**Fri 2 April** - *Good Friday Public Holiday*

**Sat 3 April** - *Holy Saturday*

**Sun 4 April** - *Easter Sunday*

**Mon 5 April** - *Easter Monday*

#### Upcoming Events 2021

##### Term 2

**Mon 19 April** - *MSB Office Opens for Term 2*

*Boarders Travel Day to College*

**Tues 20 April** - *Term 2 commences for all classes*

**Sun 25 April** - *ANZAC Day*

**Mon 26 April** - *ANZAC Day Public Holiday*

**Mon 3 May** - *Labour Day Public Holiday*

**Wed 5 May** - *Year 9 Hearing Screening*

**Thurs 6 May** - *Year 10 Hearing Screening*

### Team Momentum HOLIDAY PROGRAMS

**MOMENTUM MINI'S**  
18 months - 5 years  
**BRING A FRIEND FOR FREE**

Tuesday 13<sup>th</sup> April  
9.00am - 10.00am  
Friday 15<sup>th</sup> April  
9.00am - 10.00am

Book 1 class or both classes  
1 x class attendance \$20.00  
2 x class attendance \$30.00

P: 4091 2114  
info@momentumgymnastics.com.au

**NINJA GYM**  
**School Holiday Fun**

Monday 12<sup>th</sup> April  
9.30am - 10.30am  
Wednesday 14<sup>th</sup> April  
9.00am - 10.00am

2 classes for \$40.00  
Casual Attendance Fee \$25.00

P: 4091 2114  
E: info@momentumgymnastics.com.au  
Atherton Showgrounds

Classes Available  
for all ages  
18 months - 90 years  
**BOOK IN FOR  
A FREE TRIAL SESSION**

P: 4091 2114  
info@momentumgymnastics.com.au



**Gym Fun**  
5 years & above  
**BRING A FRIEND FOR FREE**

Thursday 15<sup>th</sup> April  
9.30am - 10.30am  
\$25.00

P: 4091 2114  
E: info@momentumgymnastics.com.au  
Atherton Showgrounds

*Get Moving with Momentum*



Queensland Government

## Next Step

*Next Step* is a statewide post-school destination survey of all students who completed Year 12 last year in Queensland.

Insights gained from *Next Step* assist schools to review and plan their services for students, and school system personnel to evaluate education policies as they affect the transition from school to further study and employment.

This year's survey of 2020 Year 12 completers will commence in April 2021.

Further information about *Next Step* is available at [www.qld.gov.au/nextstep/](http://www.qld.gov.au/nextstep/).

Should you have any queries about the survey, please contact the Department of Education's *Next Step* team by email at [nextstep@qed.qld.gov.au](mailto:nextstep@qed.qld.gov.au) or on (07) 3055 2845.

Thank you for your ongoing support of this important study.